

Barbecued CHICKEN

ROBERT C. BAKER and D. LEO HAYES



CORNELL EXTENSION BULLETIN

Barbecued CHICKEN

ROBERT C. BAKER and D. LEO HAYES

Charcoal-Barbecued Broilers

BARBECUED broilers cooked over charcoal make good picnic food whether just for the family or for several hundred persons. Broilers are always delicious and nutritious. Follow the directions and you will have a successful barbecue.

The Fireplace

For a small group of persons, use an indoor or outdoor fireplace. Most public parks have them. If you don't have an outdoor fireplace, you can easily build one out of stone, cinder blocks, chimney blocks, or bricks (figure 1 to 3).



Figure 1. A stone fireplace is easy to build

Figure 2. A cinder-block fireplace can be quickly built

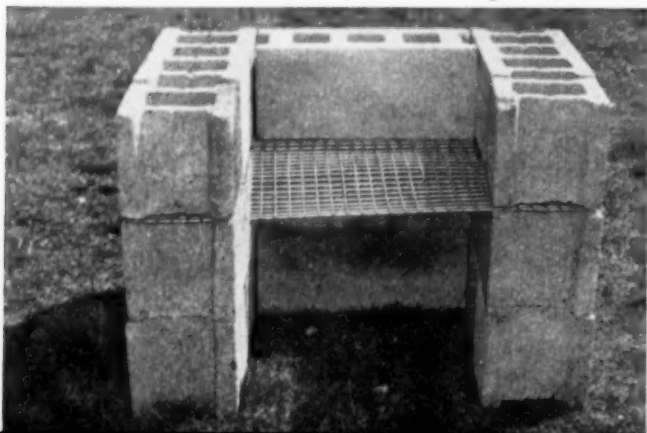




Figure 3. A quickly laid brick fireplace that would be more permanent if the bricks were joined by mortar

A barbecue pit is needed for a large group of people. The most satisfactory pits are made of cinder blocks (page 7) or galvanized metal (figure 4). Heat damages concrete blocks.

The Fire

For cooking the broilers, you need a hot fire but one that is not flaming or smoking. A charcoal fire is most satisfactory. Bricketts (pressed charcoal dust) are also excellent.

You need a small amount of light, dry kindling, or wood alcohol to ignite the charcoal. With too much kindling, the charcoal fire may get out of control. It is wise to have on hand a sprinkling can full of water in case the fire does get too hot.

Figure 4. Collapsible metal pits are easy to put together and occupy little space when stored. The diagram shown is one section of the pit and holds two racks or about 50 halved broilers. Such pits are helpful when barbecuing is done often and on a large scale.

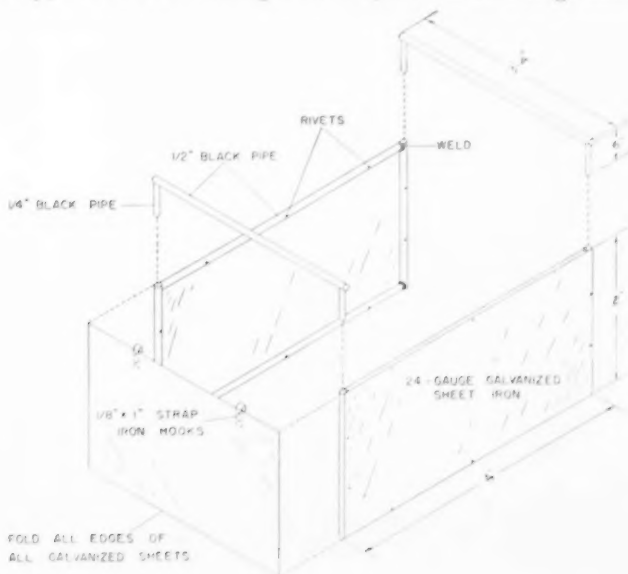
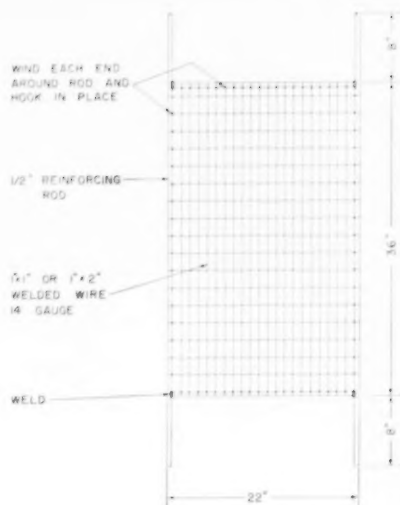




Figure 5. Turning racks save time and labor when barbecuing large numbers of birds. Construction details are given here.



Preparing the Broiler

Many meat markets sell halved broilers; but if you cannot get them, split them yourself. The whole broilers should weigh about 2 pounds ready-to-cook (entrails removed). First, cut down the center of the backbone and remove the neck (figure 6). Tear the breast in two. It will always rip in the center. The broiler halves should weigh about $\frac{3}{4}$ pound. Each half serves 1 adult or 2 children.

A Sauce

Barbecued broilers without sauce are like bread without butter. The barbecuing sauce is a basting material. Brush it on the broiler halves every few minutes during the cooking operation.

Barbecue Sauce (enough for 10 halves)

1 cup cooking oil	1 tablespoon poultry seasoning
1 pint cider vinegar	1 teaspoon pepper
3 tablespoons salt	1 egg

Beat the egg, then add the oil and beat again. Add other ingredients and stir. You may vary the recipe to suit individual tastes.

Figure 6. Nick the front of the keel



To Barbecue Broilers

Dip the halved broilers into the basting material and then put them over the fire. With a long-handled fork, turn the broilers about every 8 minutes, and baste the chicken each time with a fiber brush. It takes about 45 minutes for the broilers to cook, but the exact time depends on the amount of heat and on the size of the broilers. To test the chicken to see whether it is done, grasp the end of the leg bone and twist the leg. If the joint moves easily, the meat is done.

Home-Style Barbecued Chicken

Home-Broiled Barbecued Broilers

You can prepare delicious barbecued broilers any day of the year right under the broiler unit in your range.

Barbecue Sauce (enough for 5 broiler halves)

$\frac{1}{2}$ cup cooking oil
1 cup cider vinegar
2 tablespoons salt

$1\frac{1}{2}$ teaspoons poultry seasoning
 $\frac{1}{4}$ teaspoon white pepper
1 egg

Figure 7. A suggested arrangement for serving a large group

- | | |
|----------------------------|-------------------------------|
| A. Iced broiler halves | G. Table for filled plates |
| B. Loading table for racks | H. Serving table for beverage |
| C. Sauce table | O. People for serving |
| D. Barbecue pit | X. Barbecue chicken supply |
| E. Supply table | |
| F. Serving table | |

You may use rope and posts to mark off the serving area. Each server at tables F should place one item of the meal on the plate and then pass it along until the plate is complete. He then places the filled plate on tables G. Have the crowd line up in a single file and follow the arrows—first picking up their filled plate at G and then the dessert and beverages at tables H. Clean milk cans are good containers in which to hold the barbecued chicken.

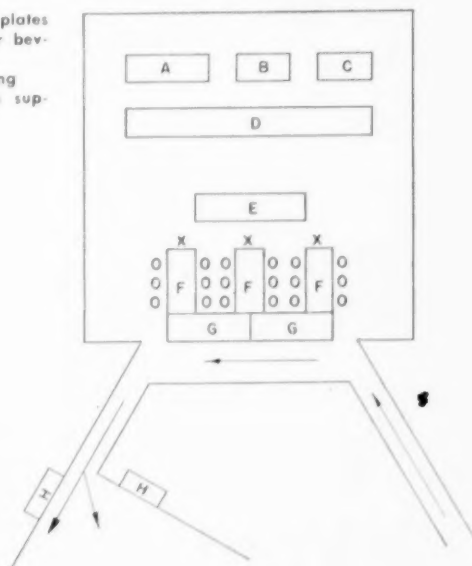


Table 1. Suggested Foods to Serve with Barbecued Broilers, and Supplies and Equipment Needed

Number of persons	5	10	25	50	100	200	300	Remarks
Suggested Foods								
Tossed green salad	1 qt.	2 qts.	5 qts.	10 qts.	20 qts.	40 qts.	60 qts.	Cabbage salad is often cheaper and may be substituted
Cranberry sauce	1 pt.	1 qt.	2½ qts.	5 qts.	10 qts.	20 qts.	30 qts.	Serve on lettuce
Scalloped potatoes	2 qt.	1½ qts.	3½ qts.	7½ qts.	15 qts.	30 qts.	45 qts.	Potato chips can be substituted—1 pound for each 10 to 15 persons. Another suggestion is new boiled potatoes
Sliced tomatoes	1 lb.	2 lbs.	5 lbs.	10 lbs.	20 lbs.	40 lbs.	60 lbs.	When in season, substitute for green salad
Sweet corn (ears)	8	15	37	75	150	300	450	When in season, substitute for potatoes
Mixed sweet pickles	½ pt.	1 qt.	2 qts.	1 gal.	2 gals.	3 gals.	4 gals.	Other pickles may be substituted
Rolls	7	15	38	75	150	300	450	
Butter	½ lb.	1 lb.	2½ lbs.	5 lbs.	10 lbs.	20 lbs.	30 lbs.	Extra needed for sweet corn
Coffee	½ lb.	1 lb.	2½ lbs.	5 lbs.	10 lbs.	20 lbs.	30 lbs.	Milk is an ideal drink during the warm months
Coffee cream (quarts)	½	1	2	4	8	16	24	
Sugar (pounds)	½	1	2	4	8	16	24	
Ice cream	½ qt.	1 qt.	2 gals.	4 gals.	8 gals.	12 gals.	18 gals.	Watermelon or other fruit satisfactory in season
Chicken (halves)	5	10	25	50	100	200	300	Based on broilers weighing about 2 pounds ready-to-cook If smaller, use more; if bigger, use fewer
Barbecue sauce:								
Cooking oil	½ pt.	1 pt.	1 pt.	1 qt.	2 qts.	4 qts.	6 qts.	Any cooking oil
Vinegar	½ pt.	1 pt.	1 qt.	2 qts.	4 qts.	8 qts.	12 qts.	Use cider vinegar
Salt	5 tsp.	3 tbsl.	½ cup	1½ cups	2½ cups	4½ cups	6½ cups	
Pepper	½ tsp.	1 tsp.	2 tsp.	4 tsp.	8 tsp.	16 tsp.	24 tsp.	
Poultry seasoning	1½ tsp.	3 tsp.	7 tsp.	14 tsp.	28 tsp.	56 tsp.	84 tsp.	
Eggs	1	1	3	5	10	20	30	Eggs should be well beaten
Pails for sauce	1	1	1	1	2	3	4	Does not include large container for sauce
Brushes or swabs for basting	1	1	1	1	2	3	4	Long-handled brushes
Forks to turn chicken	1	1	1	3	4	8	10	Long-handled forks
People to turn and baste chicken	1	1	2	4	6	11	14	Few persons are needed if barbecue racks are used

Supplies and Equipment*

	6'	9'	16'	29'	42'	Stake ends in ground to hold wire securely
Wire 1/2-inch square mesh, 3 feet wide						
Pit—width inside	Use small fire- place	34"	34"	34"	34"	
Pit—length in blocks (8"x8"x16")	3	5	10	20	30	Extra blocks are needed if used for ends
Number of blocks	18	30	60	120	180	Extra needed to stake wire on ends
Pipe 1/2-inch, 3/4 feet long	3	4	7	14	30	If charcoal brickbats are used, not so much is needed
Charcoal	3 lbs.	5 lbs.	25 lbs.	50 lbs.	100 lbs.	Wood alcohol may be substituted
Fire kindling (bushels)	1/4	1	2	4	6	

* Metal pits and barbecue trays are easier to use if available.

Figure 8. A cinder-block pit



Dip the broiler halves in the basting sauce and then place them on a rack in the broiling pan so the surface of the chicken is from 4 to 5 inches below the broiling unit. Turn the halves about every 10 minutes and baste them each time. It takes about 30 to 40 minutes for the broilers to cook. The exact time depends on the size of the chicken. Test by moving the leg (as described on page 5).

Oven-Barbecued Chicken¹

Either broilers or fryers are suitable. If you use broilers, split them in half. Fryers should be quartered.

Barbecue Sauce (enough for 6 broiler halves or two 3-pound fryers)

$\frac{3}{4}$ cup cooking oil	1 tablespoon poultry seasoning
2 cups cider vinegar	$\frac{1}{2}$ teaspoon white pepper
2 tablespoons salt	1 egg

Place the chicken in a bowl and pour the heated sauce over it. Let it stand for 1 hour. If the chicken is not covered by the sauce, turn the pieces two or three times during the marinating. Heat butter or other fat in a heavy frying pan until it is bubbling but not smoking.

Drain the chicken pieces and brown them lightly. Transfer the browned pieces to a baking pan and continue cooking in the oven which has been preheated to 325°F.

Baste every 5 minutes with the barbecue sauce, turning the pieces each time. Bake from 30 to 40 minutes.

Barbecued Roasting Chicken

Roasted chicken is good, try it with barbecue sauce.

Barbecue Sauce (enough for a 5 pound ready-to-cook roaster)

$\frac{1}{2}$ cup cooking oil	$1\frac{1}{2}$ teaspoons poultry seasoning
1 cup cider vinegar	$\frac{1}{4}$ teaspoon pepper
2 tablespoons salt	1 egg

Soak the roaster in the sauce for 1 hour. Turn the carcass from time to time so all parts will be well soaked. Stuff the roaster if desired and roast at 325°F. Allow 25 minutes per pound.

Baste with the barbecue sauce every 15 minutes during roasting.

¹Recipe from Mrs. H. S. Gabriel, Cornell University



Cooperative Extension Service, New York State College of Agriculture at Cornell University and the U. S. Department of Agriculture cooperating. In furtherance of Acts of Congress May 8, June 30, 1914. M. C. Bond, Director of Extension, Ithaca, New York.